



JUNE 2022



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Baked Macaroni & Cheese Baby Carrots with Parsley Collard Greens	2 Italian Roast Chicken Brown Rice with Pigeon Peas Green Bean Sautee	3 Baked Fish with Cream Sauce Cous Cous Zucchini & Tomatoes	4
6 Caribbean Curried Chicken Yellow Rice Cabbage with Shredded Carrots	7 Shepherds Pie (Beef and Turkey) Steamed Carrots Green Bean Sautee	8 Homemade Roast Pork Spanish Style Rice & Beans California Blend Vegetables	9 Baked Cauliflower Chickpea Bulgur Brussel Sprouts Yellow Squash	10 Homemade Fish Cake Broccoli & Red Peppers Roasted Sweet Potato Fries	11
13 Pork Loin with Curried Pineapple Baby Carrots with Parsley Homemade Mashed Potatoes	14 Chicken with Peach Sauce Egg Noodles Sauteed Green Beans	15 Vegetarian Chili White Rice Broccoli & Red Peppers	16 Beef Brisket with Tomatoes & Onion California Vegetable Blend Homemade Mashed Potatoes	17 Baked Breaded Fish Fillets Penne Winter Blend Vegetables	18
20 Center Closed for Juneteenth Holiday	21 Tomato Sauce Turkey Meatballs Spaghetti Winter Blend Vegetables	22 Chicken Cacciatore Homemade Mashed Potatoes California Blend Vegetables	23 Vegetable Ratatouille White Rice Roasted Brussel Sprouts	24 Baked Fish with Lemon Garlic Butter Sauce Orzo with Vegetables Roasted Brussel Sprouts	25
27 Spaghetti with Turkey Meat Sauce Baby Carrots with Parsley Broccoli & Red Peppers	28 BBQ Pulled Pork Polenta California Blend Vegetables	29 Pesto Pasta with Broccoli Green Bean Sautee Steamed Cauliflower	30 Beef Pot Roast with Mushrooms Brussel Sprouts Homemade Mashed Potatoes		

Every meal comes with a protein, grain, vegetable, fruit, juice, whole wheat bread and low fat milk.
Please contact Bay Ridge Center with any concerns 718-748-0650. **Menu is subject to change.**